



Assess the Effectiveness of Structured Teaching Programme on Knowledge Regarding Sexual Abuse among Adolescents Studying in Selected Educational Institutions

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ABSTRACT

Objectives: To find the effectiveness of structured teaching programme on knowledge regarding sexual abuse among adolescents studying in selected educational institutions.

Assumption: Adolescents may have some knowledge regarding sexual abuse.

Hypothesis: Primary hypothesis: There is significant difference between pretest and post test knowledge score regarding sexual abuse among adolescents. Null hypothesis: There is no significant difference between pretest and post-test knowledge score regarding sexual abuse among adolescents.

Method: Research Design: Quasi experimental one group pre test post test research design, Sampling Technique: Non probability convenient sampling technique, Sample size 60 Adolescent Students, Research Approach: Quantitative research approach.

Result: The analysis of the study showed that The comparisons of pretest and post-test means of knowledge regarding sexual abuse among adolescents at selected educational institutions were done by paired t test. The test was conducted at 5% level of significance. The pretest average score was 11.43 with standard deviation of 1.97. The posttest average score was 20.45 with standard deviation of 2.17. The test statistics value of paired t test was 38.62 with p value 0.00. The p value less than 0.05, hence reject null hypothesis that means there is significant difference in pre and posttest knowledge. The analysis shows that, structured teaching programme on knowledge regarding sexual abuse among adolescents at selected educational institutions was effective.

Conclusion: There is a statistically significant improvement in the knowledge among adolescents regarding sexual abuse in selected educational institutions.

Keywords: Structured teaching Programme, knowledge, Sexual abuse, Adolescent students, educational institutions.

INTRODUCTION

Sexual abuse is defined as any sexual conduct or contact involving a child by an adult or significantly older individual, intended for the sexual gratification or financial benefit of the perpetrator. This includes various forms of sexual exploitation such as statutory rape, molestation, prostitution, exposure, pornography, incest, and other exploitative activities. Prevalence rates of sexual abuse within the general population range from 4.0% to 21.4% among adults, and from 3.0% to 33.2% among children. Previous studies indicate that between 10% and 40% of children are subjected to some form of sexual abuse. While there is a notable lack of reliable statistical data on the prevalence of child sexual abuse, estimates suggest that the rate of child and adolescent sexual abuse in the country may range from 9% to 18%.¹

BACKGROUND OF THE STUDY

Sexual abuse, referred to as molestation, is forcing undesired sexual behaviour by one person upon another. When that force is immediate, of short duration, or infrequent, it is called sexual assault. The offender is referred to as a sexual abuser or (often pejoratively) molester. The present study was carried out to assess the level of knowledge regarding awareness of sexual abuse among adolescent girls in selected school of District Gurdaspur, Punjab. and to develop and evaluate the effectiveness of structured teaching programme on knowledge regarding awareness of sexual abuse in

terms of knowledge of adolescent girls. The objective for study was: To assess the pre-test knowledge regarding awareness about sexual abuse among adolescents studying in selected school. To assess the post-test knowledge regarding awareness about sexual abuse among adolescents studying in selected school. To compare the pre-test post-test knowledge regarding awareness about sexual abuse among adolescents studying in selected school. To determine the association of pre-test and post-test knowledge score regarding awareness about sexual abuse among adolescents studying in selected school with selected socio-demographic variables.²

NEED OF THE STUDY

Sexual abuse is a grave violation of human rights that affects individuals physically, emotionally, and psychologically. Among the most vulnerable populations affected by this societal issue are adolescents, who are in a critical phase of growth and development. Adolescents are particularly at risk because they are undergoing changes in their physical, emotional, cognitive, and social domains. During this transitional period, they often struggle to comprehend the nature of interpersonal relationships and may not be equipped with the necessary knowledge or tools to protect themselves from inappropriate behaviours, including sexual abuse.³

REVIEW OF LITERATURE

Asodiya, H. (2024), Adolescence is a critical stage in life where the development of relationships can have long-term impacts. A pre-experimental study was conducted to assess the effectiveness of a structured teaching program on sexual abuse awareness among adolescent girls at a selected higher secondary school in Kalol, Gandhinagar. The study used a one-group pre-test post-test design with 60 female participants. Most (86.66%) were aged 14–16, and 93.33% identified as Hindu. In the pre-test, 73.33% showed good knowledge, but none scored in the excellent category. After the intervention, 55% scored excellent, 30% very good, and none scored poor. The mean score increased from 6.67 in the pre-test to 17.21 in the post-test, indicating a gain of 10.54 points in knowledge. The results clearly demonstrate that the structured teaching program significantly improved the students' awareness regarding sexual abuse. The study concludes that such educational interventions are effective in increasing knowledge among adolescent girls.⁴

Sharma, A., & Rana Magar, K. (2018), Sexual abuse is a serious public health issue affecting individuals and communities directly or indirectly. A descriptive study titled "Awareness on Sexual Abuse among Adolescents" was conducted among 114 students of grades 9 and 10 at Tribhuvan Secondary School, Baglung Municipality. Using a census method and self-administered structured questionnaires, data were analyzed with SPSS Version 16. Results showed that 51% of respondents had low awareness of sexual abuse, and 18.4% had experienced it. Most respondents (38.6%) were 14 years old, 66.7% were in grade 10, and 38.6% belonged to the Brahmin community. Teachers were the main source of information (71%). Over half (59.6%) identified attempted rape as sexual abuse. A significant association was found between respondents' education levels and awareness. The study concludes that adolescent awareness of sexual abuse is low, highlighting the urgent need for school- and community-based educational programs to improve knowledge and prevention.⁵

Anusha et al. (2015), Adolescence, a transitional phase from puberty to adulthood, is marked by emotional and cognitive development challenges. This descriptive study was conducted to assess knowledge regarding sexual abuse among 100 adolescent girls in selected high schools in Mysuru. Using a simple random sampling method, data were collected through a personal proforma and a structured 30-item knowledge questionnaire. Findings revealed that 62% of the participants had average knowledge about sexual abuse, 27% had good knowledge, and 11% had poor knowledge. A significant association was found between the level of knowledge and sources of information on sexual abuse. The study emphasizes that while most adolescent girls had a moderate understanding of sexual abuse, there remains a considerable gap in awareness. These findings highlight the need for targeted educational initiatives to improve knowledge and empower adolescent girls to prevent and recognize sexual abuse. The study calls for proactive prevention strategies within schools and communities.⁶

RESEARCH METHODOLOGY

Research approach: Quantitative research approach is used in this study.



Research Design: Quasi Experimental one group pre test post test research design has been used.

Setting of the study: The study was conducted in selected educational institutions.

The investigator found the setting appropriate to conduct the study because for easy transport, familiarity with the setting, cooperation and availability of subjects.

Target population: Adolescents.

Accessible population: Adolescent students from selected educational institutions who meet the inclusion criteria.

Sample Size: 60

Sampling technique: Non probability convenient sampling

Inclusion Criteria:

1. Adolescents willing to participate in the study.
2. Adolescents who can understand Marathi/English

Exclusion Criteria:

Those who are attend the same type of structured teaching programme within 6 months.

Tool Preparation

Tool Used For The Study Were:

1. Structured teaching programme is used for assessing the effectiveness of knowledge.
2. Structured knowledge questionnaire is used to assess the level of knowledge regarding sexual abuse
3. Tool was prepared both in English and Marathi.

DATA INTERPRETATION, ORGANIZATION OF DATA: TABLES, FIGURES AND GRAPHS

The data collected of the study was classified, organized and analyzed under following sections:-

SECTION I

Deals with analysis of demographic data of adolescents studying in selected educational institutions in terms of frequency and percentage.

SECTION II

Deals with analysis of data related to assessment of knowledge regarding sexual abuse among adolescents studying in selected educational institutions in terms of frequency and percentage.

SECTION III

Deals with analysis of data related to the effectiveness of structured teaching programme on improving knowledge regarding sexual abuse among adolescents studying in selected educational institutions.

SECTION IV

Deals with analysis of data related to association between pretest knowledge score regarding sexual abuse among adolescents with their selected demographic variables.

SECTION I

Deals with analysis of demographic data of adolescents studying in selected educational institutions in terms of frequency and percentage.

Table 1: Frequency & percentage distribution of adolescents studying in selected educational institutions

Sr. No.	Variable	Groups	Frequency	Percentage
1	Gender	Male	29	48.33
		Female	31	51.67
2	Age	10-13 year	9	15.00
		14-16 Year	30	50.00
		17-18 Year	21	35.00
3	Class	5th-7th class	32	53.33
		8th- 10th class	23	38.33
		11th -12th class	5	8.33
4	Family type	Nuclear	9	15.00
		Joint	30	50.00
		Single parent	21	35.00
5	Religion	Hindu	31	51.67
		Buddhist	13	21.67
		Christian	8	13.33
		Muslim	6	10.00
		Jain	2	3.33
6	Types of Educational Institutes	Government	29	48.33
		Semi Government	21	35.00
		Private	10	16.67

SECTION II

Deals with analysis of data related to assessment of knowledge regarding sexual abuse among adolescents studying in selected educational institutions in terms of frequency and percentage.

Table 2: General assessments of Knowledge- PRE & POST test

Variable	Groups	Score	Pre Test		Post Test	
			Frequency	Percentage	Frequency	Percentage
KNOWLEDGE	Poor	0-8	5	8.33	0	0.00
	Average	9-16.	55	91.67	6	10.00
	Good	17-25	0	0.00	54	90.00
KNOWLEDGE	Minimum		6		15	
	Maximum		14		23	
	Average (SD)		11.43 (1.97)		20.45 (2.17)	

GENERAL ASSESSMENTS OF KNOWLEDGE- PRE & POST TEST

For assessment purpose the total score of knowledge regarding sexual abuse among adolescents at selected educational institutions was divided in to three groups like poor (0-8 score), average (9-16 score) and good (17- 25 score).

Pre Test:

At the time of pretest, assessment of knowledge regarding sexual abuse among adolescents at selected educational institutions shows that, 8.33% of them had poor, 91.67% average knowledge and no one of them had good knowledge.

Average knowledge score at the time of pretest was 11.43 with standard deviation of 1.97. The minimum score of knowledge was 6 with maximum score of 14.

Post Test:

At the time of post-test, assessment of knowledge regarding sexual abuse among adolescents at selected educational institutions shows that, no one of them had poor, 10% average knowledge and 90% of them had good knowledge.

Average knowledge score at the time of post test was 20.45 with standard deviation of 2.17. The minimum score of knowledge was 15 with maximum score of 23.

SECTION III

Deals with analysis related to effectiveness of structured teaching programme on improving knowledge regarding sexual abuse among adolescents at selected educational institutions.

Table 3: Comparison of the pre and posttest Knowledge (paired t test)

Group	Frequency	Mean	S.D.	t value	P value
Pre Test	60	11.43	1.97	38.62	0.000
Post Test	60	20.45	2.17		

The comparisons of pretest and post-test means of knowledge regarding sexual abuse among adolescents at selected educational institutions were done by paired t test. The test was conducted at 5% level of significance.

ASSOCIATION OF KNOWLEDGE SCORE IN RELATION TO DEMOGRAPHIC VARIABLES

Table 4: Association of Knowledge with demographic variables

Variable	Groups	KNOWLEDGE - PRE		Chi Square	d.f.	p value	Significance
		below Md	Above Md				
Gender	Male	17	12	1.63	1	0.20	Not Significant
	Female	23	8				
Age	10-13 year	9	0	6.42	2	0.040	Significant
	14-16 Year	20	10				
	17-18 Year	11	10				
Class	5th-7th class	23	9	0.838	2	0.66	Not Significant
	8th- 10th class	14	9				
	11th -12th class	3	2				
Family type	Nuclear	9	0	5.5	2	0.06	Not Significant
	Joint	19	11				
	Single parent	12	9				
Religion	Hindu	20	11	1.16	4	0.88	Not Significant
	Buddhist	9	4				
	Christian	5	3				
	Muslim	5	1				
	Jain	1	1				
Types of Educational Institutes	Government	18	11	6.13	2	0.047	Significant
	Semi Government	12	9				
	Private	10	0				

The pretest average score was 11.43 with standard deviation of 1.97. The posttest average score was 20.45 with standard deviation of 2.17. The test statistics value of paired t test was 38.62 with p value 0.00. The p value less than 0.05, hence reject null hypothesis that means there is significant difference in pre and posttest knowledge.

Shows that, structured teaching programme on improving knowledge regarding sexual abuse among adolescents at selected educational institutions was effective.

SECTION IV

Deals with analysis of data related to association between pretest knowledge score regarding sexual abuse among adolescents with their selected demographic variables.

ASSOCIATION OF KNOWLEDGE SCORE IN RELATION TO DEMOGRAPHIC

VARIABLES-PRE TEST

The chi square test was used to see association between pretest knowledge score regarding sexual abuse among adolescents with their selected demographic variables.

The test was conducted at 5% level of significance.

Significant Association:

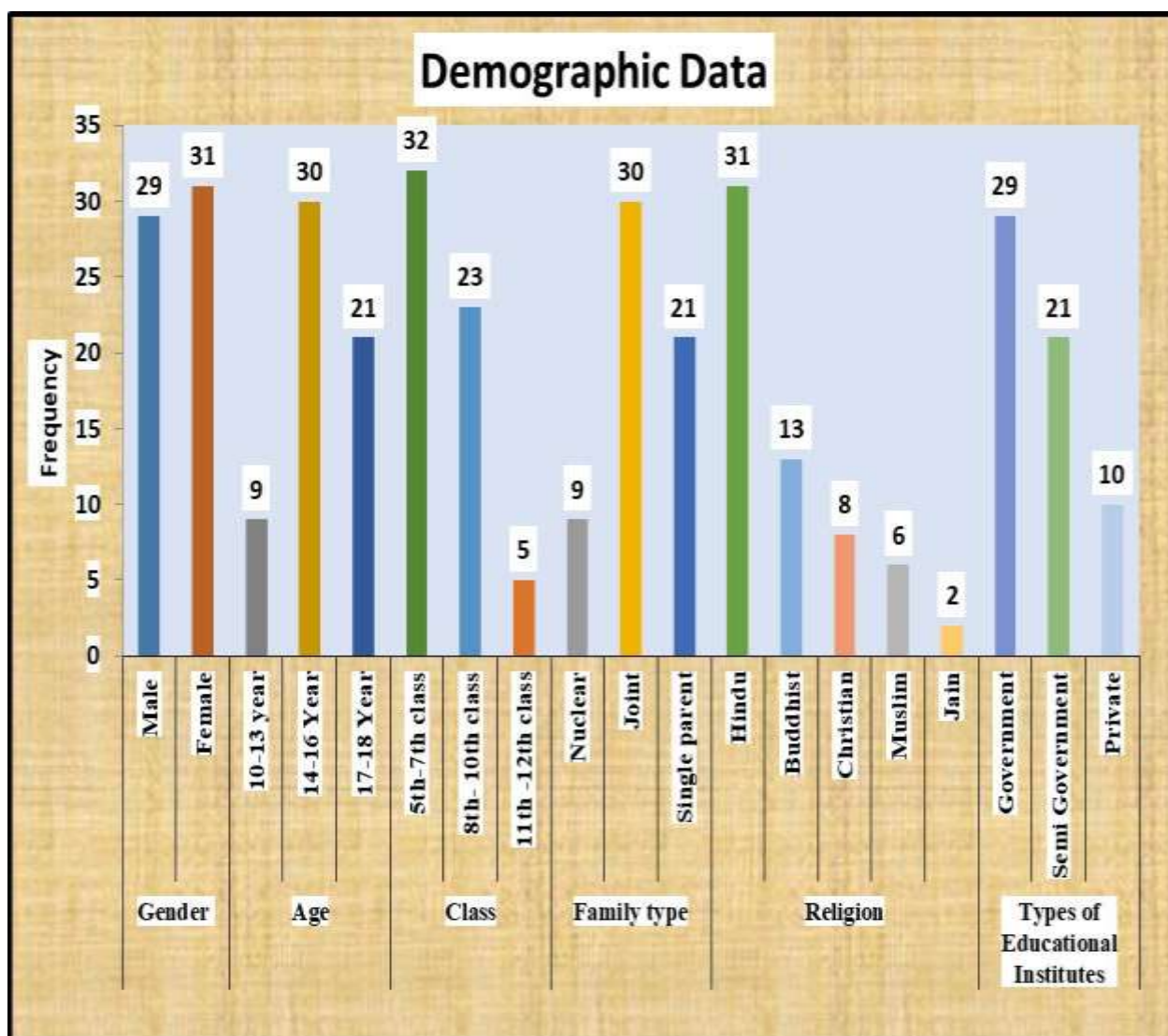
For demographic variables, age and types of educational institutes, p value of the association test with pre knowledge was less than 0.05. That means, the knowledge regarding sexual abuse among adolescents at selected educational institutions was associated with these demographic variables.

Concludes that, there was significant association of these demographic variables with the pretest knowledge.

No Significant Association:

For demographic variables, gender, class, family type and religion, p value of the association test with pre knowledge was more than 0.05. That means, the knowledge regarding sexual abuse among adolescents at selected educational institutions was not associated with these demographic variables.

Concludes that, there was no significant association of these demographic variables with the pretest knowledge.



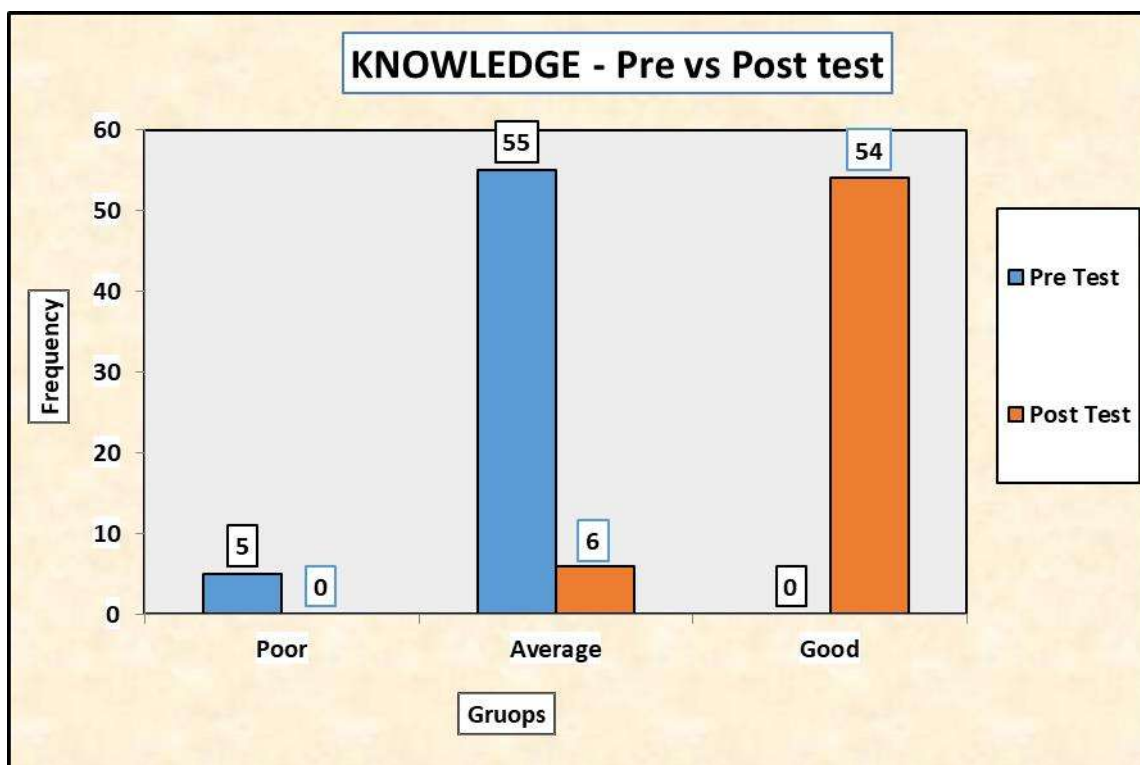


Figure No-2: General assessments of Knowledge - PRE & POST test

Frequency Distribution Table

Sr. No.	Variable	Groups	Frequency	Perce
1	Gender	Male	29	48
		Female	31	51
2	Age	10-13 year	9	15
		14-16 Year	30	50
		17-18 Year	21	35
3	Class	5th-7th class	32	53
		8th- 10th class	23	38
		11th -12th class	5	8.
4	Family type	Nuclear	9	15
		Joint	30	50
		Single parent	21	35
5	Religion	Hindu	31	51
		Buddhist	13	21
		Christian	8	13
		Muslim	6	10
		Jain	2	3.
6	Types of Educational Institutes	Government	29	48
		Semi Government	21	35
		Private	10	16

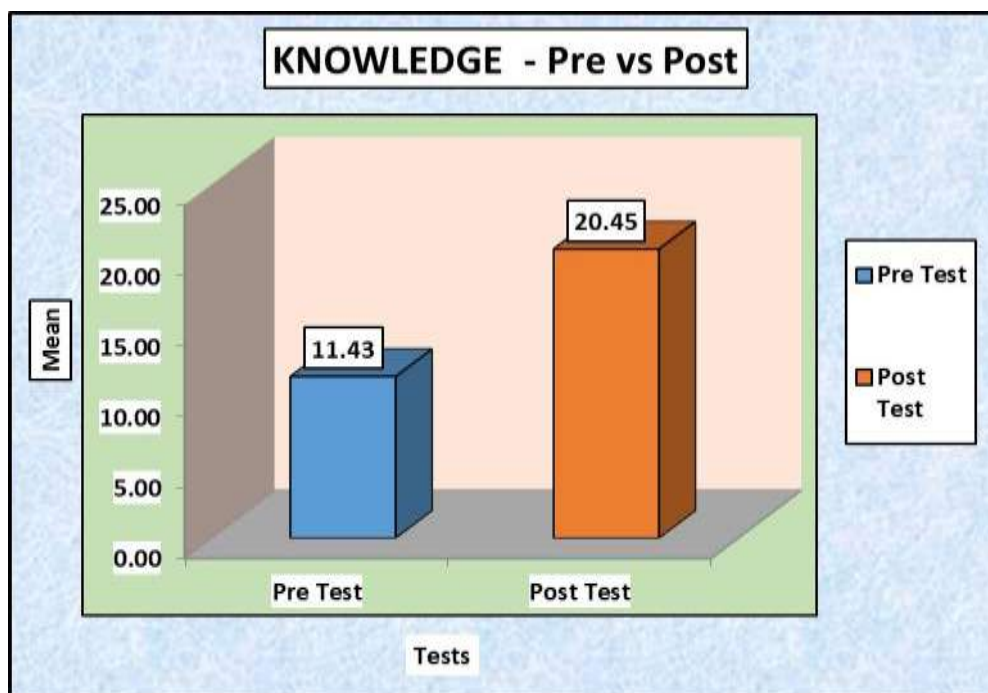
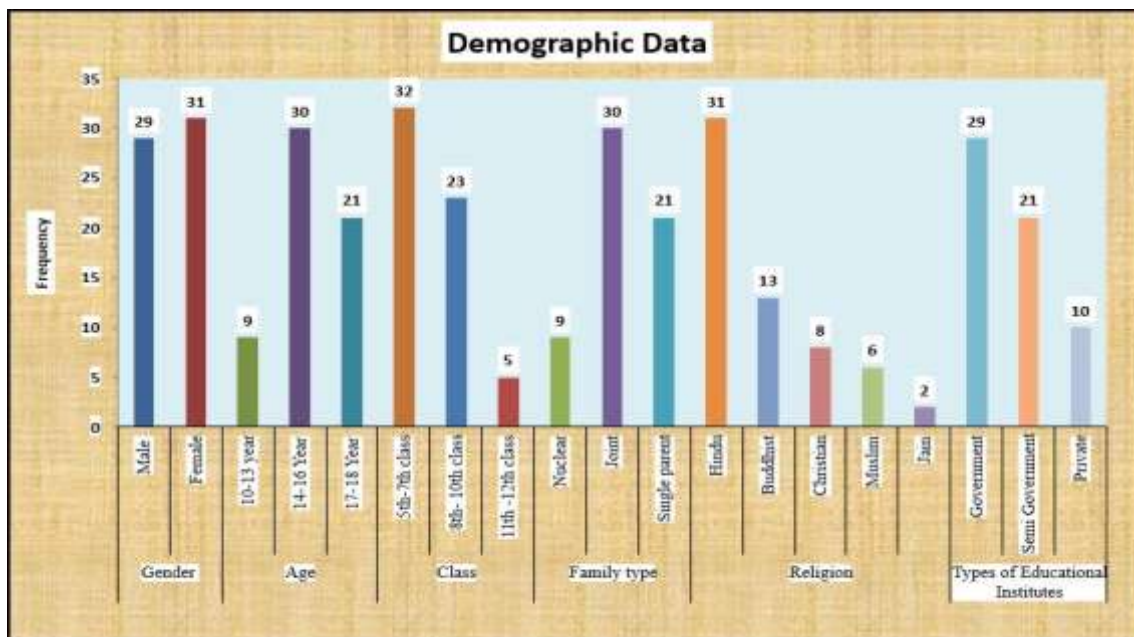
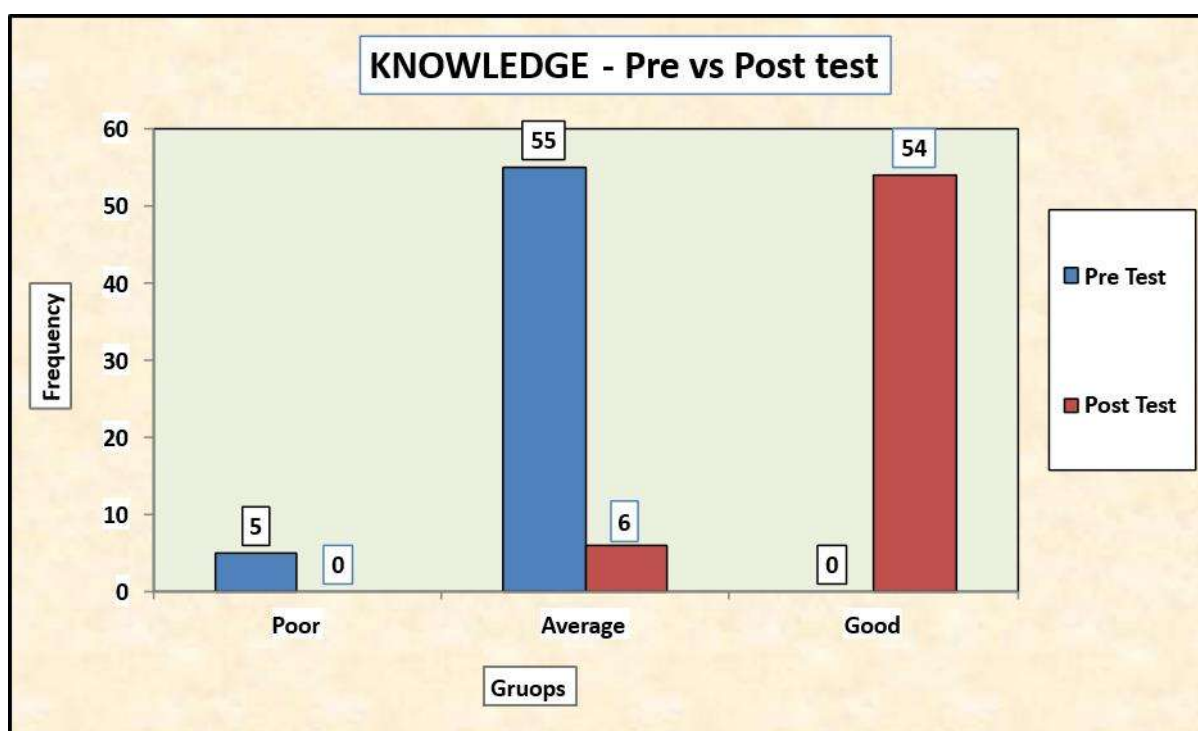


Figure 3: Comparison of average pre and posttest Knowledge score

Frequency Distribution Table				
Sr. No.	Variable	Groups	Frequency	Percentage
1	Gender	Male	29	48.33
		Female	31	51.67
2	Age	10-13 year	9	15.00
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		Jain	2	3.33
6	Types of Educational Institutes	Government	29	48.33
		Semi Government	21	35.00
		Private	10	16.67

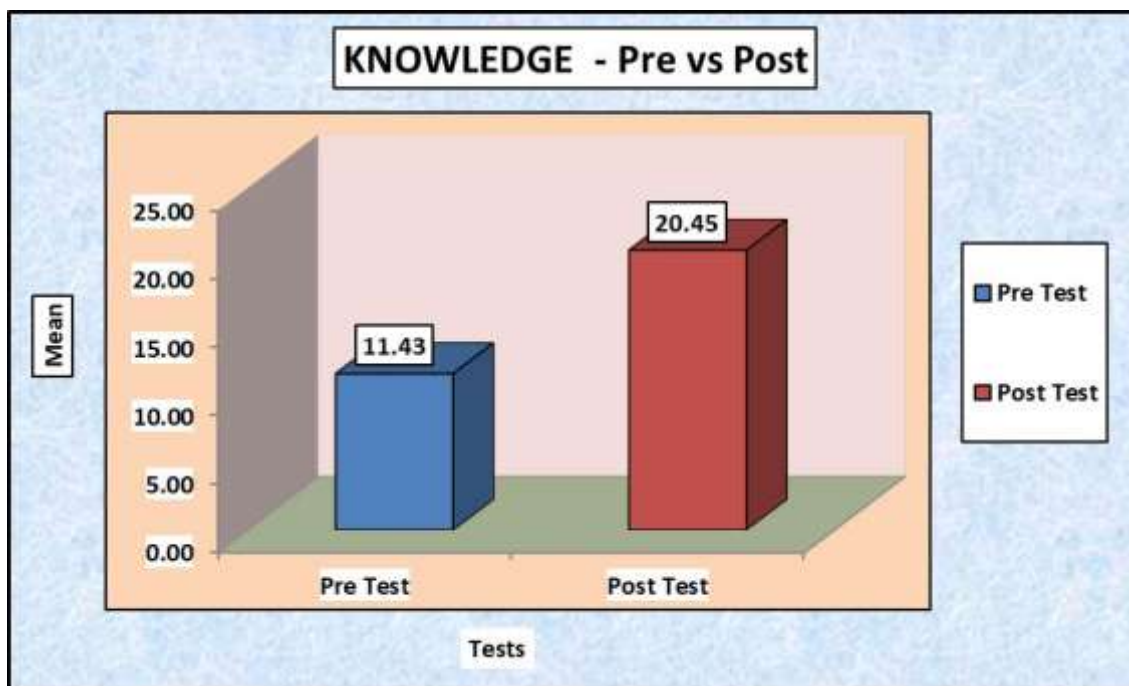


Assesment of KNOWLEDGE - Pre vs Post Test						
Variable	Groups	Score	Pre Test		Post Test	
			Frequency	Percentage	Frequency	Percentage
KNOWLEDGE	Poor	0-8	5	8.33	0	0.00
	Average	9-16	55	91.67	6	10.00
	Good	17-25	0	0.00	54	90.00
KNOWLEDGE	Minimum		6		15	
	Maximum		14		23	
	Average (SD)		11.43 (1.97)		20.45 (2.17)	



Comparison of KNOWLEDGE					
Group	Frequency	Mean	S.D.	t value	P value
Pre Test	60	11.43	1.97	38.62	0.000
Post Test	60	20.45	2.17		

*p<0.05 i.e. significant difference in the average



Association of KNOWLEDGE with Demographic variables - PRE Test

Sr. No.	Variable	Groups	KNOWLEDGE - PRE		Chi Square	d.f.	p value	Significance
			below Md	Above Md				
1	Gender	Male	17	12	1.63	1	0.20	Not Significant
		Female	23	8				
2	Age	10-13 year	9	0	6.42	2	0.040	Significant
		14-16 Year	20	10				
		17-18 Year	11	10				
3	Class	5th-7th class	23	9	0.838	2	0.66	Not Significant
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		Buddhist	9	4				
		Christian	5	3				
		Muslim	5	1				
6	Types of Educational Institutes	Jain	1	1	6.13	2	0.047	Significant
		Government	18	11				
		Semi Government	12	9				
		Private	10	0				

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